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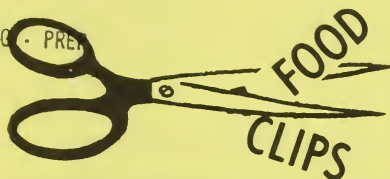
Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION WASHINGTON, D. C.

JUN 25 1973

February 19, 1973

CATALOGING - PREP



Making good gravy is easy if you follow this simple step: Just remember to blend the flour thoroughly with the fat (or cold liquid) before combining it with the hot liquid. This helps to prevent lumps, according to USDA home economists.

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Did you know that uncooked poultry maintains desirable flavor and texture longer in freezer storage than cooked poultry?

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What is "bakers' cheese?" It is a skim milk cheese that is softer, more homogenous, and contains more acid than cottage cheese. It is usually used commercially in making such bakery products as cheese cake, pie, and pastries.

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"Natural" cheese is made directly from milk (or whey, in some instances). It is made by coagulating or curdling milk, stirring, and heating the curd, draining off the whey, and collecting and pressing the curd.

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Pineapple cheese derives its name from its shape and the diagonal corrugations on its surface that resemble the scales of a pineapple.

CHITTERLING PIE, ANYONE?

If you're from the south—and maybe even if you aren't—you may be a chitterlings fan. If so, the outcome of a new U. S. Department of Agriculture proposal will affect you. It may mean that you will be able to buy some chitterling products in retail food stores which were previously unavailable.

Plain chitterlings, the large intestines of swine and calves, may now be prepared under Federal meat inspection as a specialty item. But chitterlings haven't been permitted as ingredients in processed meat products. So products like chitterling pie, chitterling loaf, and calf chitterlings and gravy, served in homes and local restaurants for many years, have not been manufactured for sale in retail outlets.

If the proposal is adopted, they could be, as long as they are packaged in containers which hold no more than three pounds and are not to be repackaged into smaller containers at the retail store. The proposal would not permit use of chitterlings in other types of processed products, such as franks.

Want to comment officially? Send your remarks in duplicate before March 6 to the Hearing Clerk, USDA, Washington, D.C. 20250.

Table 1.--Cost of 3 ounces of cooked lean from specified meat, poultry, and fish at August 1972 prices

Item	Retail price per pound ^{1/}	Cost of 3 ounces of cooked lean
	Dollars	Dollars
Hamburger -----	0.76	0.20
Chicken, whole, ready-to-cook -----	.41	.20
Turkey, ready-to-cook -----	.55	.22
Beef liver -----	.80	.22
Ocean perch, fillet, frozen -----	.77	.22
Chicken breasts -----	.78	.27
Ham, whole -----	.78	.27
Pork, picnic -----	.63	.29
Haddock, fillet, frozen -----	1.07	.31
Ham, canned -----	1.23	.31
Chuck roast of beef, bone in -----	.85	.38
Pork loin roast -----	.92	.46
Rump roast of beef, boned -----	1.50	.51
Round beefsteak -----	1.51	.51
Pork chops, center -----	1.29	.58
Rib roast of beef -----	1.32	.59
Sirloin beefsteak -----	1.58	.68
Veal cutlets -----	2.76	.69
Lamb chops, loin -----	2.04	.94
Porterhouse beefsteak -----	1.87	.97

^{1/} Average retail prices in U.S. cities, Bureau of Labor Statistics, U.S. Department of Labor.

Table 2.--Cost of 20 grams of protein ^{1/} from specified meats and meat alternates at August 1972 prices

Item	Retail price per pound ^{2/}	Cost of 20 grams of protein
	Dollars	Dollars
Dry beans -----	0.25	0.06
Peanut butter -----	.50 (12 oz. jar)	.12
Eggs, large -----	.51 (dozen)	.13
Chicken, whole, ready-to-cook -----	.41	.15
Bean soup, canned -----	.17 (11-1/2 oz. can)	.16
Beef liver -----	.80	.19
Hamburger -----	.76	.19
Tunafish -----	.45 (6-1/2 oz. can)	.20
American process cheese -----	.54 (8 oz. pkg.)	.21
Ham, whole -----	.78	.22
Round beefsteak -----	1.51	.33
Frankfurters -----	.91	.33
Rib roast of beef -----	1.32	.44
Pork sausage -----	.86	.45
Bologna -----	.63 (8 oz.)	.46
Bacon, sliced -----	.99	.52

^{1/} One-third of the daily amount recommended for a 20-year-old man.

^{2/} Average retail prices in U.S. cities, Bureau of Labor Statistics, U.S. Department of Labor.

ON FOOD PRICES

--- LOOKING BACK

What were the best buys? Hamburger, beef liver, chicken, turkey, and some kinds of fish rank in that order as the best buys at the meat counter according to the Consumer and Food Economics Institute, ARS, of the U. S. Department of Agriculture. Most expensive selections were--and continue-to-be as you would expect--loin steaks and chops of beef, pork, lamb and veal.

If you're trying to replace meats with meat alternates you can use more eggs, dry beans and peas, peanut butter, and cheeses. These foods are suitable replacements for meat because they also provide protein, B-vitamins, and minerals for which meat, poultry, and fish are valued nutritionally.

A 3-ounce serving of cooked lean meat from beef, pork, lamb, veal, turkey, or fish provides at least 20 grams of protein--a third of the recommended allowance for the 20 year old man. Larger amounts of some meats and meat products are required to provide 20 grams of protein; 10 slices of bacon, 1/2 pound of sausage, 3-1/2 frankfurters, or six 1-ounce slices of bologna. Usually these foods are not protein bargains, even though the amounts ordinarily served cost less than a 3-ounce serving of most meats. For example, in August 1972, amounts of bacon or bologna to provide 20 grams of protein cost more than amounts of rib roast of beef and round steak that provide equal protein.

The best buys in protein of the meats and meat alternates priced were dry beans and peanut butter. Canned bean soup and eggs were also among the best buys. Amounts of these foods needed to provide 20 grams of protein are larger than the usual serving--for example, more than a cup of cooked or canned dry beans, a can of bean soup, 4-1/2 tablespoons of peanut butter, 3 ounces of American process cheese, or 3 eggs.

And--even though prices of food for home use increased--it increased less on the whole than prices of other goods and services the consumer requires.*

*According to Bureau of Labor Statistics. Housing (shelter, fuel and utilities), footwear, medical care and services had a higher percentage increase.

OUTLOOK 1973

"The Future Structure of Agricultural Production and Marketing" will be the theme of the National Agricultural Outlook Conference scheduled for February 20-22 in the Jefferson Auditorium of the U.S. Department of Agriculture in Washington, D.C. All the sessions are open to the public.

The General Economic Outlook of '73 will be presented by Mrs. Marina Whitman, Council of Economic Advisors. The Agricultural Outlook will be presented as well as the outlook for U.S. Trade in Farm Products. Other areas will include Commodity Sessions on livestock and feed and dairy products, fats and oils and food grains, cotton and other fibers, fruits and vegetables, forest products, sugar, farm credit and tobacco.

National issues influencing the quality of life in the Family Living Sessions will focus on population trends, pollution and energy needs. A discussion on income maintenance, consumer protection and child care services will be featured on Thursday morning. On Thursday afternoon discussion will be held on linking issues to action with Cooperative State Research Service, Food and Nutrition Service, Economic Research Service, Extension and Consumer and Food Economics.

A special computer demonstration on "Budgeting for Retirement" has been developed by the Consumer and Food Economics Institute for use by Extension workers in teaching and counseling families. It will be demonstrated Tuesday afternoon from 12:00 until 5 p.m. and Wednesday from 9 until 5 p.m.

A detailed schedule of the program and papers on the Outlook for Food, Clothing and Textiles will also be available.

COMMENTS & INQUIRIES TO:

Shirley Wagener, Editor of Food and Home Notes, Press Service, 461-A, Office of Communications, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone (202) 447-5898 or 447-5881.